

# Exercise Class Timetable



## SAMPLE

For more information regarding our classes, please ask a member of the Gym Team.

Classes are aimed at beginner to intermediate level and may be changed or cancelled without prior notice.

Please wear suitable clothing and footwear to all classes, your instructor will advise you further on arrival.

Please book your classes on arrival at the Gym Reception.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9.45-10.30</b>	<b>9.45-10.30</b>	<b>9.45-10.30</b>	<b>9.45-10.30</b>	<b>9.45-10.30</b>	<b>9.45-10.30</b>	<b>9.45-10.30</b>
Pump it Up ♥♥ T	C.S.I ♥♥♥	Pump it Up ♥♥ T	Fitness Pilates ♥♥	Pump it Up ♥♥ T	Morning Stretch ♥	C.S.I ♥♥♥
<b>10.40-11.25</b>	<b>10.40-11.25</b>	<b>10.40-11.25</b>	<b>10.40-11.25</b>	<b>10.40-11.25</b>	<b>10.40-11.25</b>	<b>10.40-11.25</b>
Clubbercise™ ♥♥♥	Ultimate LBT ♥♥	Step/Step Circuits ♥♥♥	Hi/Lo Aerobics ♥♥	Ultimate LBT ♥♥	Total Body Tone ♥♥	A.A.A ♥♥
<b>11.35-12.20</b>	<b>11.35-12.20</b>	<b>11.35-12.20</b>	<b>11.35-12.20</b>	<b>11.35-12.20</b>	<b>11.35-12.20</b>	<b>11.35-12.20</b>
Morning Stretch ♥	Yoga Stretch ♥	Zumba™ ♥♥	Step/Step Circuits ♥♥♥	Yoga Stretch ♥	Clubbercise™ ♥♥♥	Yoga Fusion ♥♥
<b>12.30-1.25</b>	<b>12.30-1.00</b>	<b>12.30-1.00</b>	<b>12.30-1.00</b>	<b>12.30-1.00</b>	<b>12.30-1.25</b>	<b>12.30-1.00</b>
S.A.S ♥♥♥	Hula Hooping ♥	Indoor Cycling ♥♥♥	Hula Hooping ♥	Hula Hooping ♥	S.A.S ♥♥♥	Hula Hooping ♥
<b>3.00-3.25</b>	<b>3.00-3.25</b>	<b>3.00-3.25</b>	<b>3.00-3.25</b>	<b>3.00-3.25</b>	<b>2.30-3.00</b>	<b>2.30-3.00</b>
Stretch & Relax ♥	Meditation ♥	Meditation ♥	Stretch & Relax ♥	Stretch & Relax ♥	Meditation ♥	Meditation ♥
<b>3.35-4.25</b>	<b>3.40-4.25</b>	<b>3.35-4.25</b>	<b>3.35-4.25</b>	<b>3.35-4.25</b>	<b>3.10-3.35</b>	<b>3.10-3.35</b>
Tai Chi Fit ♥	Afternoon Stretch ♥	Fitness Pilates ♥♥	Fitness Yoga♥♥/ FFY™♥♥♥	Fitness Pilates ♥♥	Stretch & Relax ♥	Relax & Unwind ♥
<b>4.30-4.55</b>	<b>4.30-4.55</b>	<b>4.30-4.55</b>	<b>4.30-4.55</b>	<b>4.30-4.55</b>	<b>3.40-4.25</b>	<b>3.40-4.25</b>
Hula Hooping ♥	Relax & Unwind ♥	Stretch & Relax ♥	Relax & Unwind ♥	Relax & Unwind ♥	Fitness Yoga ♥♥	Fitness Pilates ♥♥

For your information, we have provided a 'heart guide' as to what intensity to expect from our classes:

♥Low impact (mind & body/flexibility classes, fitness for fun based classes)

♥♥Medium impact/intensity, options given for all levels (Conditioning/aerobic classes)

♥♥♥ High impact/intensity, not recommended for those new to exercise (circuits/hiit/Indoor Cycling classes/FFY)

The Gymnasium is open from 7am – 8pm Monday – Thursday, 7am – 9pm every other Wednesday and every Friday, and 7am – 7pm Saturdays and Sundays. Last entry to the gym on a Friday evening and every other Wednesday evening is 8pm.

Please sign in on entrance and read the Health & Safety information provided before use.

Some exercise classes involve the use of disco lights and flashing glow sticks. These classes are not suitable for those that have a photosensitive form of epilepsy or light sensitivity.

C.S.I – Cardio Strength Interval

S.A.S – Spin Arms Stomach  
T – Technique Class 9.35-9.45

A.A.A – Aerobics Arms Abs  
M – Members Only

FFY – Freestyle Fitness Yoga